

UNCOMFORTABLE FEELINGS

How we're likely to feel when something needs our attention

AFRAID

apprehensive
frightened
panicked
petrified
suspicious
terrified
wary
worried

ANNOYED

exasperated
frustrated
impatient
irritated

ANGRY

furious
indignant
outraged
resentful

AVERSION

appalled
contempt
disgust
hate
horrified
repulsed

CONFUSED

ambivalent
hesitant
lost
perplexed
puzzled
torn

DISCONNECTED

apathetic
bored
cold
detached
distracted
numb
uninterested

DISQUIET

agitated
alarmed
discombobulated
disturbed
rattled
shocked
surprised
troubled
turbulent
uncomfortable
uneasy
unnerved
unsettled
upset

EMBARRASSED

ashamed
guilty
mortified
self-conscious

FATIGUE

depleted
exhausted
lethargic
sleepy
weary

PAIN

agony
devastated
grief
heartbroken
hurt
lonely
miserable
remorseful

SAD

depressed
despair
disappointed
discouraged
hopeless
unhappy

TENSE

anxious
cranky
distressed
edgy
irritable
nervous
overwhelmed

VULNERABLE

fragile
helpless
insecure
sensitive
shaky

YEARNING

jealous
wistful

COMFORTABLE FEELINGS

How we're likely to feel when we're celebrating needs met

AFFECTIONATE

compassionate
friendly
loving
open hearted
sympathetic
tender
warm

CONFIDENT

empowered
open
proud
safe
secure

ENGAGED

absorbed
alert
curious
engrossed
enchanted
entranced
fascinated
interested
intrigued
involved
spellbound
stimulated

INSPIRED

amazed
awed
wonder

EXCITED

amazed
animated
aroused
astonished
dazzled
eager
energetic
enthusiastic
giddy
invigorated
passionate
surprised
vibrant

EXHILARATED

blissful
ecstatic
elated
enthralled
exuberant
rapturous
thrilled

GRATEFUL

appreciative
moved
thankful
touched

HOPEFUL

expectant
encouraged
optimistic

JOYFUL

amused
delighted
glad
happy
jubilant
pleased
tickled

PEACEFUL

calm
clear headed
comfortable
centered
content
fulfilled
mellow
quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting

REFRESHED

enlivened
rejuvenated
renewed
rested
restored
revived